



Mental Health Association of Tarrant County
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Back to School

Top Ten Tips For Kids

Appreciating The Differences That Make Each Of Us Special

1. Never make fun of people who are different from you in any way. Accept that everyone is special in his or her own way.
2. Start a new trend; say only nice things about everyone.
3. Next time your parents take you out to eat, try a food from another culture.
4. Go to the library and check out different books about kids from different cultures.
5. Remember that what someone looks like on the outside has nothing to do with what is inside.
6. Treat everyone you meet how you would like to be treated.
7. If you are being teased or bullied, tell an adult you trust. Show that you are confident in yourself by ignoring the bully and walking away.
8. Ask different people what they think about things. Respect their opinions.
9. Never stereotype a whole group of people. Treat each person as an individual who has his or her own ideas and opinions.
10. Believe in yourself! Just do your best, and be proud of the different things that make you who you are!!